



Sweet Orange Chia Seed Pudding

MyPlate2Yours - Lynn Dugan

Serving Size: 4

Ingredients

1 cup of low-fat milk
1/2 cup freshly squeezed orange juice
Zest of 1/2 orange
3 tablespoons maple syrup
1/4 cup non-fat plain Greek yogurt
1/4 cup Chia seeds
Toppings: orange sections and shredded coconut

Directions

In a small bowl, mix together milk and maple syrup. Add Chia seeds and mix well. Let sit for 5 minutes and stir again. Refrigerate for 2 hours (or overnight), stirring again after first hour. When ready to serve, stir in orange juice, zest and yogurt, and thoroughly combine.

Pour into individual serving bowls and top with orange sections and shredded coconut. Enjoy!